

What is claimed is:

1. A mounting assembly, comprising:
 - a main body defining a space;
 - a plunger disposed within the space and configured to move within the space; and
 - a biasing member coupled to and biasing the plunger.
2. The mounting assembly of claim 1, wherein the main body includes first and second portions that define the space therebetween.
3. The mounting assembly of claim 1, wherein the plunger is pinioned in the space formed by the main body.
4. The mounting assembly of claim 1, further comprising a strip configured to be mounted on a wall, wherein an outer end of the plunger is configured to engage the strip.
5. The mounting assembly of claim 1, wherein the main body, plunger, and biasing member define a first mounting device, and wherein the mounting assembly further comprises a second mounting device.
6. The mounting assembly of claim 1, wherein the biasing member is a spring.
7. The mounting assembly of claim 6, wherein the spring is positioned between the plunger and a stop member.
8. The mounting assembly of claim 1, wherein the plunger defines a cavity sized to receive a portion of the biasing member.
9. The mounting assembly of claim 1, wherein the plunger is configured to move in a substantially vertical direction.

10. A mantel assembly for a fireplace, comprising:
 - a mantel including a rear surface;
 - first and second legs extending from the mantel; and
 - a mounting device coupled to the rear surface of the mantel, the mounting device comprising:
 - a main body defining a space;
 - a plunger disposed within the space and configured to move within the space; and
 - a biasing member coupled to and biasing the plunger.
11. The mantel assembly of claim 10, wherein the mounting device is a first device, and wherein the mantel assembly further comprises a second device coupled to the rear surface of the mantel.
12. The mounting assembly of claim 10, further comprising a strip configured to be mounted on a wall, wherein an outer end of the plunger is configured to engage the strip.
13. The mounting assembly of claim 10, wherein the biasing member is a spring.
14. The mounting assembly of claim 13, wherein the spring is positioned between the plunger and a stop member.
15. The mounting assembly of claim 10, wherein the plunger defines a cavity sized to receive a portion of the biasing member.
16. The mounting assembly of claim 10, wherein the plunger is configured to move in a substantially vertical direction.
17. A method for mounting an object to a wall of a structure, the method comprising:

providing a mounting device coupled to the object, the mounting device including a main body defining a space, a plunger disposed within the space and configured to move within the space, and a biasing member coupled to and biasing the plunger; mounting a strip on the wall of the structure; and positioning the object against the wall so that the plunger engages the strip.

18. The method of claim 17, further comprising selecting a mantel as the object.
19. The method of claim 18, wherein the step of positioning further comprises allowing legs of the mantel to contact a floor of the structure.
20. The method of claim 19, wherein the step of providing further comprises setting a tolerance of the mounting device such that the biasing member allows the legs of the mantel to contact the floor of the structure.